

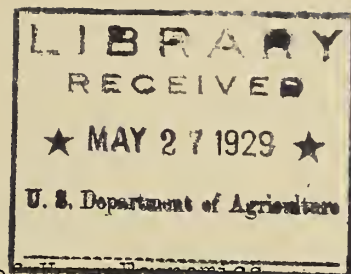
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PLANNING THE CANNING CAMPAIGN



A radio talk by Dr. Louise Stanley, Chief, Bureau of Home Economics, delivered through WRC and 16 stations associated with the National Broadcasting Company at 1:38 p.m., Eastern Standard Time, Tuesday, May 14, 1929.

Save the surplus is as important in the farm home as in the farming industry. Just now, when garden and orchard are getting ready to furnish such a variety of foods, we need to plan ahead to save succulent vegetables and flavorful fruits for winter use. A plan for the canning campaign distributes the work, and provides the family with a better-balanced diet throughout the year.

Of course, your plan for the canning season started last February, when you laid out the garden on paper. You arranged a series of plantings so that you will have a continuous supply of fresh vegetables, all through the growing season. That's the heart of the plan. Only fresh vegetables may be canned successfully. An hour from the garden to the can is a good slogan. It is doubtful economy to can and preserve fruits and vegetables which must be bought at the market, since freshness is so important.

Following the slogan, an hour from the garden to the can, may mean putting up a few cans at a time. If you wait for an accumulation of vegetables, the quality is likely to deteriorate, unless your garden is very large. Besides, it's easy to wear yourself out by canning huge batches at one time, unless you have more help than most housewives can command.

Now, first of all, what supplies will you need for this year's canning? Cans or jars, according to your likes. Both are satisfactory. The jars can be used over and over, the cans for only one season. The size should be based upon the family appetite: pints, quarts, even half gallons for some foods, if packed hot and given a sufficiently long process. Do you have cans on hand, are the tops all ready, is the sealer working? If you use jars, have you the fresh tops or rubbers you need? A day off to check up supplies saves time in the end, for when you want them you want them, and there isn't time then to send to town. Check over your containers, fit tops and bottoms together, get them cleaned up, and put away where you can reach them easily.

All right, the containers are ready. You will want a water bath for fruit and tomatoes; any vessel deep enough to hold your jars, with a tight fitting cover, can be used. A wire basket to fit this vessel, by means of which jars may be lifted in and out, is a convenience. Don't forget plenty of sharp knives for peeling, and lifters for hot jars. Be sure you have a good supply of pure salt for vegetables, and sugar for fruits.

If you are canning non-acid vegetables, you will need a pressure cooker. The pressure cooker saves time, fuel, and food when used in canning. It is particularly important to have a pressure cooker if you are canning non-acid

## THEORY OF THE EARTH

The theory of the earth is a branch of geology which deals with the origin and development of the earth and its various parts. It is a science which seeks to explain the processes which have shaped the earth and its features.

1. The earth is a sphere.

2. The earth is composed of various layers.

The earth is a sphere, and its surface is covered by water and land. The land is divided into continents and islands, and the water is divided into oceans and seas.

3. The earth is composed of various layers.

The earth is composed of various layers, and each layer has its own characteristics. The layers are the crust, the mantle, and the core.

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vegetables, since only a pressure cooker gives the high temperature required to kill the bacteria present. There are plenty of good pressure cookers on the market now, reasonable in price. Choose the size with your canning needs in mind. Several families might use one pressure cooker.

"But," you are thinking, "I have canned non-acid vegetables successfully in a water bath." Yes, sometimes it is successful, but carefully checked work shows that spoilage is much higher. The water bath is not to be recommended for non-acid vegetables. Now be honest with me; think back to your most successful results in canning with the water bath. Weren't the products stored for only a short time after canning, and didn't you keep them at a low temperature?

I am not going to give you times and temperatures for destroying bacteria now; if you want further information, write for a copy of our bulletin on canning fruits and vegetables in the home. It is Farmers' Bulletin No. 1471.

Some of you may be thinking about oven canning. This can be used successfully for fruits and tomatoes, but remember that in oven canning, even though the oven temperature is above boiling, the product does not reach a temperature any higher than it would in the water bath.

From time to time during the summer, we will give you suggestions for preserving foods in ways we have found especially good. Just now, I think you would like suggestions about canning such products as asparagus, rhubarb, strawberries, and cherries. I always advise "Use asparagus fresh," for I have never had enough of the tender green tips. However, if you wish to can asparagus, you will find directions in the canning bulletin.

Rhubarb? Yes, it may be canned without cooking, just in cold water, but why do it? You have to cook it at one time or another, and you can get more cooked than raw rhubarb into the container. I like rhubarb best, baked. You will find directions for that in the bulletin. Then try some in conserve, for meat or sandwiches in the winter. A postcard will bring you the recipe for rhubarb conserve.

And Strawberries. Sun preserved strawberries are best in color and flavor. You will find the recipe in Farmers' Bulletin 1028, Strawberry Culture. Or, if you like strawberry ice cream, here's how to can the fruit for winter use: Crush one-half volume of sugar with the strawberries, fill in jars, and heat in the water bath for 15 minutes after boiling.

Cherries may be treated the same way, but save your nice, tart cherries for cherry pickles. The recipe will be sent on request.

I wish we were so situated that you could talk back, and ask the questions you probably have. Will you, instead, send them to us, on any problems in food preservation? For we would like to give you just the help you need most, in future talks. Address your questions to the Bureau of Home Economics, Department of Agriculture, Washington.

